



# Martin Luther King, Jr. Indoor Swim Center

1201 Jackson Road, Silver Spring, MD 20904 (301) 989-1206 • [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)

Montgomery County Department of Recreation - Aquatics Section

2006-2007 Pool Use Schedule - September 11, 2006 - June 15, 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 6:15 A.M. MCRD SWIM TEAM PRACTICE					COMPETITIVE TEAM PRACTICES	
6:15 - 8:30 A.M. EARLY BIRD LAP SWIM WELL CLOSED TUESDAY & THURSDAY 7:30 - 8:30 A.M.					8:00 A.M. - 2:00 P.M. • SWIM LESSONS • HIGH SCHOOL SWIM MEETS • SAFETY TRAINING	8:00 A.M. - 1:00 P.M. • SWIM LESSONS • SAFETY TRAINING
8:30 - 11:30 A.M. MID-MORNING SWIM WATER EXERCISE CLASSES • MCRD SWIM LESSONS LIMITED LAP LANES • LIMITED WELL USE						1:00 - 3:00 P.M. RAFT & SPLASH MAIN & TEACH POOL OPEN • LIMITED LAP LANES • DIVING BOARDS OPEN
11:30 - 2:00 P.M. NOON RECREATIONAL SWIM TEACH & MAIN POOL OPEN • DIVING BOARDS OPEN (TUESDAY & THURSDAY 12:30 - 2:00 P.M.) LIMITED LAP LANES • DIVING WELL CLOSED (MONDAY, WEDNESDAY & FRIDAY 1:00 - 2:00 P.M.)					2:00 - 6:00 P.M. RECREATIONAL SWIM MAIN & TEACH POOL OPEN • LIMITED LAP LANES AVAILABLE • DIVING BOARDS OPEN	3:00 - 5:00 P.M. RECREATIONAL SWIM MAIN & TEACH POOL OPEN • LIMITED LAP LANES • DIVING BOARDS OPEN
2:00 - 3:00 P.M. AFTERNOON LAP SWIM LIMITED LAP LANES AVAILABLE 2:30 - 3:30 P.M. HIGH SCHOOL PRACTICE (NOV - FEB)						
3:00 - 7:30 P.M. MCRD YOUTH SWIM & DIVE TEAM TRAINING LIMITED LAP LANES AVAILABLE AT 6:30 P.M.					6:00 - 7:00 P.M. ADULTS ONLY	
7:00 - 8:20 P.M. FAMILY REC SWIM MAIN & TEACH POOL OPEN	7:00 - 10:00 P.M. • LESSONS	7:00 - 8:20 P.M. FAMILY REC SWIM MAIN & TEACH POOL OPEN	7:00 - 10:00 P.M. • LESSONS	7:00 - 9:00 P.M. FAMILY REC SWIM MAIN & TEACH POOL OPEN	7:00 - 10:00 P.M. SPECIAL USES & RENTALS	
8:30 - 10:00 P.M. • LESSONS • SAFETY TRAINING • MASTERS	• THERAPEUTICS • SAFETY TRAINING	8:30 - 10:00 P.M. • LESSONS • SAFETY TRAINING • MASTERS	• THERAPEUTICS • SAFETY TRAINING	• LIMITED LAP LANES • WELL OPENS AT 7:30 P.M. • SAFETY TRAINING		5:00 - 6:00 P.M. ADULTS ONLY
9:15 - 10:00 P.M. LATE LAPS LIMITED LAPS	• WATER EXERCISE	9:15 - 10:00 P.M. LATE LAPS LIMITED LAPS	• WATER EXERCISE			6:00 - 9:00 P.M. SWIM CLINIC

THIS POOL USE SCHEDULE MAY BE CHANGED TO ACCOMMODATE SPECIAL EVENTS OR HOLIDAY ACTIVITIES. CHECK POSTED NOTICES IN CENTER LOBBY.

**POOL CLOSED ON: THANKSGIVING DAY, CHRISTMAS DAY, NEW YEAR'S DAY & EASTER DAY**



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## PUBLIC USE TIMES

### Recreational Swim:

General swimming for all ages with the following facilities open:  
Lap Lanes, Diving Boards, Teach Pool, Exercise Room,  
Hydrotherapy Spas, and Saunas.

### General Recreational Time

MONDAY - FRIDAY: 11:30 a.m. - 2:00 p.m.  
MONDAY & WEDNESDAY: 7:00 p.m. - 8:20 p.m.  
FRIDAY: 7:00 p.m. - 9:00 p.m.  
SATURDAY: 2:00 p.m. - 6:00 p.m.  
6:00 p.m. - 7:00 p.m. (adults only)  
SUNDAY: 2:00 p.m. - 5:00 p.m.  
5:00 p.m. - 6:00 p.m. (adults only)

### Diving Boards

MONDAY & WEDNESDAY: 7:00 p.m. - 8:20 p.m. (1&3 meter)  
TUESDAY & THURSDAY: 12:30 p.m. - 2:30 p.m. (1&3 meter)  
FRIDAY: 7:30 p.m. - 9:00 p.m. (1&3 meter)  
SATURDAY: 2:00 p.m. - 6:00 p.m. (1&3 meter)  
6:00 p.m. - 7:00 p.m. (adults only\*\*)  
SUNDAY: 1:00 p.m. - 5:00 p.m. (1&3 meter)  
5:00 p.m. - 6:00 p.m. (adults only\*\*)

\*\* ADULT ONLY TIMES INCLUDE 1 & 3 METER.  
PLEASE CHECK LOBBY FOR DETAILS.

### Hydrotherapy Pools

**ADULTS ONLY: 14-17 IF ACCOMPANIED BY AN ADULT.**  
(1 ADULT PER MINOR) Due to frequent cleaning and  
maintenance that these pools require, only one may be  
available for use during the following hours:

MONDAY - THURSDAY 6:15 a.m. - 10:00 p.m.  
FRIDAY: 6:15 a.m. - 9:00 p.m.  
SATURDAY: 12:00 p.m. - 6:00 p.m.  
6:00 p.m. - 7:00 p.m. (adults only)  
SUNDAY: 12:00 p.m. - 5:00 p.m.  
5:00 p.m. - 6:00 p.m. (adults only)

### Weight & Exercise/Saunas

**ADULTS ONLY: 14-17 IF ACCOMPANIED BY AN ADULT.** Youths  
(14-17) must have a permission slip on file. Youths need to keep their  
copy with them while using the weight room.

MONDAY - THURSDAY: 6:15 a.m. - 10:00 p.m.  
FRIDAY: 6:15 a.m. - 9:00 p.m.  
SATURDAY: 12:00 p.m. - 6:00 p.m.  
6:00 p.m. - 7:00 p.m. (adults only)  
SUNDAY: 12:00 p.m. - 5:00 p.m.  
5:00 p.m. - 6:00 p.m. (adults only)

### Lap Swim

Lap Lanes are roped off at either 25 yards or 25 meter competitive  
distance, or as 20 yard fitness lanes across the main pool. Some  
lanes are entirely in deep water. Patrons should "circle" swim from  
right to left and should swim in a lane with other lap swimmers of  
compatible speed and skills. In general, lap lanes are available at all  
Recreational Swim periods.

MONDAY - FRIDAY: 6:15 a.m. - 3:30 p.m.  
MONDAY - THURSDAY: 6:30 p.m. - 8:20 p.m.  
FRIDAY: 6:30 p.m. - 9:00 p.m.  
MONDAY & WEDNESDAY: 9:15 p.m. - 10:00 p.m. (3 lanes only)  
SATURDAY: 2:00 p.m. - 6:00 p.m.  
6:00 p.m. - 7:00 p.m. (adults only)  
SUNDAY: 1:00 p.m. - 5:00 p.m.  
5:00 p.m. - 6:00 p.m. (adults only)

### DEEP WATER RUNNING (DWR) & WELL LAP SWIMMING (WLS)

MON., WED. & FRI.: 6:15 a.m. - 8:30 a.m. (1/2 DWR, 1/2 WLS)  
8:30 a.m. - 11:30 a.m. (limited use)  
11:30 a.m. - 1:00 p.m. (1 lane DWR)  
2:00 p.m. - 3:30 p.m. (limited use)  
TUESDAY & THURSDAY: 6:30 a.m. - 7:30 a.m. (1/2 DWR, 1/2 WLS)  
8:30 a.m. - 3:30 p.m. (1 lane DWR)  
MONDAY & WEDNESDAY: 7:00 p.m. - 8:20 p.m. (1 lane DWR)  
FRIDAY: 7:00 p.m. - 9:00 p.m. (1 lane DWR)  
SATURDAY: 2:00 p.m. - 6:00 p.m. (1 lane DWR)  
6:00 p.m. - 7:00 p.m. (adults only)  
SUNDAY: 1:00 p.m. - 5:00 p.m. (1 lane DWR)  
5:00 p.m. - 6:00 p.m. (adults only)

### ADMISSION FEES FOR NON- PASSHOLDERS (FOR EACH ENTRY)

	County Resident	Non-County Resident
Children (1 - 17 years old)	\$4.00	\$6.50
Adults (18 - 54 years old)	\$6.00	\$7.50
Seniors (55 years & older)	\$4.50	\$6.50

### PLEASE NOTE:

These are the scheduled times these facilities  
will be open. They may be closed at any time  
due to insufficient staff.

The management reserves the right to alter the  
pool schedule when it is deemed necessary.

Proper Bathing Suits required! **NO CUTOFFS  
OR GYM SHORTS!** Shorts, t-shirts, and  
undergarments do not qualify as bathing suit  
attire.

All patrons within the pool area must be attired  
in swimming apparel.

Children under 10 years old must be  
accompanied in the pool area and cared for by  
an adult in swimming attire at all times.

An **ACCESS CARD** is required by everyone  
entering the facility. Proof of Residency will also  
be required upon admission. Non-County  
residents must pay the non-county fee.

Lockers are available --- **BRING A LOCK TO  
SECURE YOUR BELONGINGS!**

The use of cameras, video cameras or any  
device containing camera equipment of any kind  
is prohibited in all locker rooms, bathrooms and  
changing areas.

Children who are not completely toilet trained  
must wear rubber pants.

**For more information, visit us online at:**  
[www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec).